NOONTIDE MEDITATIONS

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Lillian Cleveland Fuller

NOONTIDE MEDITATIONS

FOR THE

ESOTERIC DISCIPLE

Quotations from Writers of All Ages

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BY
AGNES E. MARSLAND

HOW TO USE

This little book of quotations from various authors has been compiled for the use of the aspiring soul wherever found.

It has, however, a special value to the Members of our Order and to students in our various Centers, linking them all together in one great Unity throughout the world. For as the sun reaches his zenith at noon, at one meridian after another, so from height to height the same word echoes; and the humblest member, however far distant he may be from the Center, can bear his part in the great world-movement by silently meditating upon the idea suggested, and by sending out a thought of love and helpfulness to all.

Thus, day by day, the whole earth is encircled by the love of those who are seeking to "rise by raising others."

The "Meditations" have been arranged in a certain order, so as to assist the evolution of the disciple, and there runs through them that thread of purpose and of harmonious progression that is always found in the teachings of Esoterism.

Meditation

1. When thou art entered into the inner temple, then shalt thou hear the voice of the Master speaking to thee—a Voice, silent, inaudible, full of truth, of wisdom and of light—so sweet to the heart that thou wilt wish that thou couldst hear it forever.

2. In Meditation, the soul flies to the higher realms of the Spiritual Intelligence.

3. O disciple, it is indispensable to silence thy reason and to give ear to thy Mentality.

4. Man becomes that upon which he meditates If he meditates daily upon the perfect ideal of humanity, he will begin to grow towards that perfect ideal himself.

5. All creative activities are the result of Meditation.

6. Listen! but not with the outer ears. Behold! but not with the outer eyes. There comes a voice, yet it is not a voice; a presentiment, a thought, yet it is not a thought; a feeling, a vibration, yet it is none of these.

7. The soul awakes, as from a long dream, and, like the sacred Lotus upon the still lagoon, unfolds her petals and uplifts her golden crown towards the Truth.

Prayer

Grant! O Lord! Thy Protection.

And in protection,—Strength.

And in strength,—Understanding.

And in understanding,—Knowledge.

And in knowledge,—Knowledge of the Just.

And in knowledge of the just,—The Love of It.

And in the love of it,—The Love of All Existence.

And in the love of all existence,—The Love of God.

Cubam astu saravathagam.
(Peace be to all beings.)

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GOD

1. There is but One God, and He is the Supreme All!

2. In Him we live, and move, and have our Being.

3. The Blessed Lord said: I am the source of the forthgoing of the whole Universe, and likewise the place of its dissolving.

4. I am the radiance in moon and sun, the Word of Power in all the Vedas, sound in ether and virility in men. The pure fragrance of earths am I; the life of all beings am I, and the austerity in ascetics.

5. And whatsoever is the seed of all beings, that am I; nor is there aught, moving or unmoving, that may exist bereft of me. There is no end of my Divine powers.

6. Whatsoever is glorious, good, beautiful and mighty, understand thou that to go forth from a fragment of my splendor.

7. God is Great. God is Good. God is All.

MAN

1. God resides in the innermost being of every man; but few know how to find Him.
2. The Soul of Man is a mass of astral light, forming a union between the outer or physical man and the inner or spiritual being.
3. Thus is accomplished the wonder of the soul's life-journey: a spark of the Divine flame—reflected for a moment on the earth—and received up again into heaven.
4. Man is the son of God, partaking of His Essence. This Spark Divine is his inalienable birthright, and can never be lost; the prodigal may wander, but he can always return to his Father's house.
5. Man's life, as a whole, is one great expression of those qualities that lie dormant within him.
6. Man is like a harpist who knows something of the laws of vibration, and who plays upon his instrument, drawing from its strings whatever symphony his genius dictates.
7. The soul of man evolves continually and forever, and even the Adept takes step after step, Initiation after Initiation, and always he has before him other steps leading towards Divinity.

NATURE

1. The Universe is the body of God.

2. Nothing affirms more strongly the existence of God than the works of His hands, for it is impossible to dwell upon the sublimity of the landscape or the immensity of the sea without arriving at the conclusion that God is present in His works.

3. Nature is without veil on the side of the good man, from whom she hides nothing; but she is veiled on the side of the wicked man, that he may not discover her hidden treasures.

4. The Divine Mysteries of Nature are incomprehensible to those to whom life and progress are matters of intellectual study only.

5. The material world is lighted only by reflection.

6. Help Nature and work with her, and Nature will regard thee as one of her creators and make obeisance.

7. Unsullied by the hand of Matter, she shows her treasures only to the eye of the Spirit, the eye which never closes, for which there is no veil in all her kingdoms.

DISCRIMINATION

1. When we begin to practise the power of discrimination, we shall know we are approaching the truth by the vanishing of all doubts and dissatisfactions.

2. The milk of wisdom and of life is presented to the good and the bad equally, but the ignorant cannot see it.

3. Thou shalt separate the earth from the fire, the ethereal from the gross, gently but with great industry.

4. What are we living for? To adhere to the business standards and serve the personal interests, or to live in the realm of individuality, and subordinate the love of gain to the higher self?

5. Learn to discern the real from the false, the ever-fleeting from the everlasting.

6. He who is full of discrimination, who sees one equal Self in friends and foes as well as in himself, can no more feel angry with any one than with a part of himself.

7. When we know that all knowledge is within ourselves and that we alone can help ourselves, and none other, we have acquired discrimination.

Fifth Week

THE PURPOSE OF LIFE

1. The purpose of life is progress, not pleasure.

2. The Esoteric Life is not the same for any two persons, for it consists in evolving the particular virtue of each one and thus awakening the individual soul.

3. The object of all existence is to know and love God.

4. If man is the son of the Great All-Father, his whole energy should be bent upon keeping clear and open the channel of communication between himself and his Father.

5. Not enjoyment and not sorrow
Is our destined end or way;
But to act that each tomorrow
Find us farther than today.

6. The height which was before us last year is today behind our back, and another height with still more glorious promise is ahead of us—and this is life.

7. The ultimate goal of man's evolution is Divinity.

REINCARNATION

1. As a man casting off wornout garments taketh new ones, so the dweller in the body casting off wornout bodies entereth into bodies that are new.

2. The life of man did not begin: it *came forth* from the Source of all life.

3. The Soul takes many forms; it is in turn mineral, vegetable, and animal, and all this is preparatory to the final inflow of The Intellectual and Spiritual Man.

4. Man has to pass through all worlds, and to live in each world until he understands that world.

5. One single thought or aspiration towards the good, one unselfish pure desire in the whole life, assures the soul another opportunity.

6. Thy shadows live and vanish; that which is *in* thee shall live forever; that which is in thee knows, for it is knowledge; it is the man that was, that is, and that shall be, for whom the hour shall never strike.

7. Sages do not grieve for the living or the dead. Never did I not exist, nor you, nor these rulers of men. Nor will any of us ever hereafter cease to be.

THE LAW OF KARMA

1. Sow kindly acts and thou shalt reap their fruit.
2. Man in the hands of Karma is like a child in the home of its parents. Food, clothing, and instruction are freely and lovingly provided; but not the wisest of parents can say to what use their child will put these advantages. His future is in his own hands.
3. Chafe not at Karma, nor at nature's changeless laws. But struggle only with the personal, the transitory, the evanescent, and the perishable.
4. Karma does not create or prearrange anything; it is man who creates the causes and Karmic law that adjusts the effects.
5. The wise man does not desire to be free from the law of Karma until he has fully atoned for every evil action and thought.
6. Teach to eschew all causes; the ripple of effect, the great tidal wave, thou shalt let run its course. The fruit of Karma Sages dare not still.
7. Rigid justice rules the world. With mighty sweep of never-ending action, it brings to mortals lives of weal or woe, the Karmic progeny of all their former thoughts and deeds.

THE USE OF SUFFERING

1. Those who will not learn from gentleness must learn from pain.

2. At some stages of our growth pain is our most effective teacher.

3. If man rightly understood the meaning of this life and its purposes, he would welcome many persons and experiences that he now puts away from him as unpleasant and wearisome.

4. Why grieve? Why strive and struggle? These do but hinder growth.
   Rise, O disciple. stand upon thy feet, lest adversity trample upon thee and soil thy robe! The jewel is to be found in the head of adversity, not beneath its feet!

5. Learn to suffer cheerfully, gladly, knowing that every pang so borne loosens one bond that is holding down this poor humanity.

6. As soon as we learn patience and submission, as soon as we cease complaint and struggle, the situation rights itself.

7. Life itself has speech and is never silent. And its utterance is not, as you that are deaf may suppose, a cry; it is a song.

Ninth Week

FREEDOM

1. Freedom is the birthright of every individual soul—to do good or to do evil, as it chooses, and to learn from both.

2. If we would be free we must learn to love that which we have loathed—loathing is not for the disciple.

3. True love begets freedom, and love and freedom are one.

4. Do we give freedom to those about us in our homes? If we look for gratitude, or love, or service, we hamper the freedom of our dear ones, and they render us that which we compel and not that which their own affection would spontaneously give.

5. Freedom can only come to us by bearing our trials with fortitude, never by avoiding them.

6. Duty is sweet only through love; love shines alone in freedom.

7. All bonds vanish from him who has attained knowledge.

CREATION

1. The Word is the instrument used by the spirit for the purpose of generation.

2. With a powerful will and a vivid imagination, man is possessed of irresistible power.

3. Imagination is the creative power. It is the faculty of forming an image in the mind.

4. When our soul evokes or creates a thought, the sign representing the thought impresses itself in the Astral Fluid.

5. To pronounce a word is to evoke a thought and bring it into presence.

6. The length of the life of an idea depends upon the cerebral tension used to emit it, and the quantity of vitality with which it is clothed.

7. The instrument which the magician has at his disposal is Etheric Vibratory Energy or the Astral Light. This is the master-key to all the varied powers of the spirit.

THE WILL

1. Will is the first of powers, not to control others for your own advantage, but to use in active service for the good of all.

2. By means of the will, man can come to the knowledge of the most sacred mysteries.

3. It is by will and concentration that man learns to control his own thoughts.

4. Will is the voice of the conscious being; it is the *fire of life*, the creative impulse. Without Will there can be no activity other than that of routine or habit.

5. To will is to be able.

6. We are, and we possess, whatever we will, and we arrive at whatever we desire.

7. To will well, to will long, to will always, but never to lust after anything—such is the secret of power.

SERVICE

1. Seek alone for active service in the world—to "rise by raising others."

2. The disciple glories in giving, not exacting, service.

3. You will never hear from the lips of a disciple a long list of services rendered. "Give and Forget," is his motto.

4. Only when our pitcher is full and lightly borne, can we give drink to the thirsty soul.

5. The service of man for the love of man is good; but the service of God is better, for it includes all the other, and renders us impervious to the slights and annoyances that were before so real to us.

6. "Ask and ye shall have." But the disciple cannot ask in the mystic sense until he has attained the power of helping others.

7. The object of all existence is to know and love God, and the method of attaining such knowledge is by *service*.

Thirteenth Week

SELF RELIANCE

1. The Truth is not given; one finds it for oneself or finds it never.

2. The way to final freedom is within thyself.

3. Fix the soul's gaze upon the star whose ray thou art, the flaming star that shines within the lightless depths of Ever-being.

4. It is by that sense alone which lies concealed within the hollow of thy brain that the steep Path which leadeth to thy Master may be disclosed before thy soul's dim eyes.

5. No one can teach us anything; it is we who must learn. Teachers do but point the way, and if we are prepared, we follow.

6. If sun thou canst not be, then be the humble planet.

7. We cannot make of you an adept; you must become it yourself.

WORK

1. The Great Work is the Creation of man by himself.

2. Only as our work is at the same time "our Father's business," will it be a part of the Grand Work.

3. We can modify our conditions by the force of our creative powers, and hew out steps in the slippery mountain-side so that those who come after us may ascend more easily.

4. Wist ye not that I must be about My Father's business?

5. Work is a positive activity, whereas overwork is a negative condition of want.

6. When we know that we work for God and with God, we lay hold of the force which moves the Universe.

7. Work is the surest and safest path for man to follow, in order to know God.

KNOWING AND KNOWING ABOUT

1. We need to know, for to know is life; whereas only to know about is death.
2. So long as we discuss and argue, describe and limit with our little intellect all things, so long do we find ourselves going round and round in a circle from which we cannot escape.
3. He who knows a truth, lives it; for that is how he came to know it—it is the only way of knowing.
4. Let no one lead you astray into bypaths of intellectual sophism. Progress is by knowing and by living, by being and by serving.
5. He who has mastered all the Scriptures, philosophies and sciences, may be regarded by some as an intellectual giant; yet he cannot be equal to that unlettered man who, having realized the Truth, lives on this earth as an embodiment of Divinity.
6. The doctrine of the eye is for the crowd; the doctrine of the heart for the elect. The first repeat in pride: "Behold I know;" the last, they who in humbleness have garnered, low confess: "Thus have I heard."
7. If any man will do His will he shall know of the doctrine.

EQUILIBRIUM

1. Equilibrium in nature is the point towards which all forces tend.
2. The Forces of the Universe come forth into manifestation; from One issue Two or Duality. These two separate, oppose each other, then gradually return to that Unity and Equilibrium from which they came forth.
3. This is the law of the Universe; the man who understands it and holds himself at the center can make use of all obstacles and opposing forces while he remains ever poised, calm and concentrated.
4. True poise includes something more than an outward calm; it rests upon an inner activity and power to reconstruct.
5. This creative power of reconstruction is one of the marks of greatness in any walk of life.
6. He is in equilibrium who is serene in all great crises, and is never disturbed by any of the so-called accidents of life.
7. Every minute of the life of the disciple must be a focusing point of the whole of his activities, bringing to his assistance all the knowledge and wisdom he has made his own during the whole of his present and former lives.

Seventeenth Week

TEACHER AND PUPIL

1. No man is your enemy; no man is your friend; all alike are your teachers.

2. Blessed is the man who can and does learn from every other being.

3. Do not submit yourself to the personality, or the personal will of another; obey because the God within recognizes the Divine Truth in the words of another.

4. The crucial point with most of us lies in the choice of a teacher. We look for perfection, forgetting that our object is to learn, not to judge.

5. We can learn from the mistakes of others even more than we can from that which is always just and perfect.

6. When we have learned all that one teacher can teach us, we shall be led to another, and so on, ever upward and onward.

7. When the disciple is ready, the Master is ready also.

DEBTS

1. Every tear is a debt, and sooner or later we shall have to pay.

2. The bounty of the Universe allows us to overdraw if we are rash enough, but the day of reckoning will come, and we shall have to pay.

3. Accept graciously what others would do for you.

4. Be not deceived, God is not mocked, for whatsoever a man soweth that shall he also reap.

5. Every pain is a debt.

6. Again and again shall we be given the privilege of paying our debts, until we are willing to recognize the opportunity as a privilege not to be overlooked.

7. Every breath you draw is a separate bond, binding you to serve the Universe in return.

THOUGHT CONTROL

1. Guard, O Disciple, thy thoughts, for they are of more importance than thy actions.

2. The mind is ever restless; it is impetuous, strong, and difficult to bend; I deem it as hard to curb as the wind.

3. The mind is the great Slayer of the Real. Let the disciple slay the Slayer.

4. Have mastery over thy thoughts, make harmless the children of thy mind, the thoughts that swarm, unseen yet powerful, about thee and thy brother man.

5. Mental stability and the control of thought is acquired slowly, at the price of continued work and perseverance.

6. Ere the gold flame can burn with steady light, the lamp must stand well guarded in a spot free from all wind.

7. By our own thoughts we make for ourselves that which we have been, which we are, and which we shall be.

IMPERISHABLE HAPPINESS

1. Happiness which is not Eternal is not happiness.

2. Center thy heart in the True Self; all else passeth away.

3. Dependence upon the Supreme, this is Wisdom. This is the only happiness.

4. Follow the wheel of life, follow the wheel of duty to race and kin, to friend and foe, and close thy mind to pleasure as to pain.

5. Be happy as those who live for happiness.

6. There is no real happiness in earthly things. How can there be, when there is nothing permanent in the world? Pleasure is transitory, and so is pain.

7. By the serenity of his thoughts a man blots out all actions, whether good or bad. Dwelling within his Self with serene thoughts, he obtains imperishable happiness.

THE LAW OF SUCCESS

1. There is no chance. The law is the same which directs all activity—that of attraction and repulsion.

2. Good or ill success depends upon ourselves, upon the harmony within us of these three qualities, Will, Constancy, and Sacrifice.

3. The disciple should "take equally pleasure and pain, gain and loss, victory and defeat." This is true success.

4. The disciple acts on principle. He sees something which ought to be done and attempts it; and failure or success counts for nothing with him.

5. When we allow success to become our God, when failure to become rich depresses us, or we are unduly elated by large returns, we are losing ground spiritually.

6. To come into harmony with the Divine will is to come into the possession of unknown riches and into the realization of undreamed-of powers.

7 Give thanks in faith even before receiving, and wait.

FATE AND DESTINY

1. Destiny begins at the present moment. Every moment brings us something which we can decide; as we decide will be our destiny.

2. Fate may decide that it is necessary for us to suffer, but it depends upon ourselves what use we make of it; this is our destiny.

3. The Will is the great instrument in forming our destiny.

4. We have no control over the things which we have done and which are finished; that is our Fate; but we have control over the things we are going to do; this is our Destiny.

5. The things done bring us to the present moment, which is the focusing point between Fate and Destiny.

6. We ourselves create our destiny.

7. Sow a thought and reap an action;
Sow an action and reap a habit;
Sow a habit and reap a character;
Sow a character and reap a destiny.

SELF CONQUEST

1. He that ruleth his spirit is greater than he that taketh a city.

2. Every harsh and bitter word which we are able to receive without its arousing our hatred is an upward step on the Path.

3. We shall come out of evil just in proportion as we are able to conquer desire and live by principle.

4. If one man conquer in battle a thousand times ten thousand men, and if another conquer himself, he is the greatest of conquerors.

5. Abstain because it is right to abstain, not that yourself shall be kept clean.

6. By rousing himself, by reflection, by restraint and control, the wise man may make for himself an island, which no flood can overwhelm.

7. It is from the bud of renunciation of the self that springeth the sweet fruit of final liberation.

Twenty-fourth Week

DESIRE

1. Root out the giant weed of personality; this is the great foe of the disciple; it separates him from his fellowman.

2. Do not believe that lust can ever be killed out if gratified or satiated, for this is an abomination inspired by Mara.

3. Ignorance begets desire.

4. The wise one tarries not in the pleasure grounds of the senses.

5. Guard the lower lest it soil the higher.

6. The soul, in order to be free, must kill desire.

7. When all desires that dwell in the heart cease, then the mortal becomes immortal and obtains Brahman.

VIRTUE

1. The world needs, above all things, to learn of Virtue.

2. He who would climb the narrow Path to the mountain heights whence he can inspire the breath of God, must enter first by the way of Virtue.

3. Higher knowledge cannot be gained in any way except by the greatest purity of life and thought.

4. To be virtuous is one thing; to be conscious of one's own virtue is another.

5. The work of the psychic fluid emanated by the *will* is not of itself enough; there must be added to this the realization of these three Virtues—Faith, Hope, and Charity.

6. The *pleasurable consciousness* of self-respect and virtue is one of the things the disciple must give up and destroy in himself.

7. The disciple is bidden to obey the laws of the community in which he lives; if any teacher would have him run counter to these, let the disciple beware, for this cult has not the stamp of Virtue; it is not true.

NON-ATTACHMENT

1. Thy business is with the action only, never with its fruits.

2. The disciple is content to work, or he is content to stand aside and see others complete his work and take his glory.

3. He who performeth all duties without attachment to the result, obtaineth the Supreme.

4. All actions performed other than as sacrifice unto God, bind the actor to his actions.

5. Throwing every deed on Me, and with meditation fixed upon the highest, resolve to fight without expectation of reward, devoid of egotism, and free from anguish.

6. Desire to sow no seed for your own harvesting; desire only to sow that seed the fruit of which shall feed the world.

7. The Harmonized Man, having abandoned the fruit of action, attaineth to Eternal Peace.

MAYA OR ILLUSION

1. Before thou takest thy first step, learn to discern the real from the unreal, the ever-fleeting from the everlasting.

2. He whose face is covered with the veil of Maya sees himself and all as separate from the whole.

3. The real is that which is in harmony with the highest nature in man, the divine in him.

4. Mirror not back the world's illusive lights; reflect the ray divine.

5. Illusion hath no being; how may it trouble thee?

6. Avert thy face from world deception. Mistrust thy senses; they are false.

7. The first step in occultism brings the student to the tree of knowledge; he must choose and eat. He goes on, either on the good or the evil path. Either path produces great Karmic results.

TRUE WEALTH

1. From a great heart secret magnetisms flow incessantly to draw great events.

2. We may draw to ourselves wealth, popularity, or health, but so long as our desire is to *ourselves* and not first of all to the whole, we are like children playing with an electric wire; at any moment it may be our destruction.

3. Property is an intellectual production.

4. Ye who would become rich, be willing to be poor, if it be the Father's will; ye who are seeking health, be willing to suffer; you may learn some lesson that you can afterwards teach to another.

5. Hunger for such possessions as can be held by the pure soul, that you may accumulate wealth for that united spirit of life which is your only true self.

6. Give me neither poverty nor riches, lest being full I deny Thee, or being poor I steal and curse.

7. When man goes forth, he goes alone—bare and stripped of all earthly semblances. And of his boasted wealth, character alone attends him.

TRUE LOVE

1. Compassion is the Law of Laws, the Universal Essence, the Law of Love Eternal. If thou art told that to become Arhan thou hast to cease to love all beings, TELL THEM THEY LIE.

2. Love is true and real when it is centered above; all lesser love is transitory, a shadow only.

3. This shall be the measurement of love: not how much it can take from all and concentrate in one, but how much it can take from one and give to all.

4. Woe alas to him who will not have loved anything but the bodily appearance. Death will rob him of all. Love souls; you will find them again.

5. The test of true love? If it makes us humble, gentle, tolerant, friendly to all, then it is true devotion; but if it makes us proud, harsh, separate, suspicious of all others, then it is dross, not gold.

6. The greater the Being, the greater the power to love.

7. God is Love.

FAITH

1. Faith is the substance of things hoped for, the evidence of things not seen.

2. We wander amid thick clouds of ignorance and prejudice, but with an inner consciousness that Light exists; and every effort to gain knowledge of the *Beyond* makes us capable of receiving the Light.

3. If man would walk upright and go forward, let him have faith in that which commends itself to the judgment of both his intuition and his reason, and act upon it by his will.

4. It is a solemn moment when the soul elects to throw aside all worldly conventions and to look upon life from the inner standpoint of faith.

5. He who has faith in God has an open window through which the light fills his soul.

6. When true faith descends upon the spirit of man, then doubt is no more, nor is any sacrifice too great for the firm will of him who *knows*.

7. Faith searches out the hidden things of God and feeds them to the hungry soul.

JUDGE NOT

1. Each man must judge what is right for himself, but not what is right for another.

2. He that well and rightly considereth his own works, will find little cause to judge hardly of another.

3. To be free we must be ignorant of the shortcomings of others.

4. Study that you may know; know that you may understand; understand that you may be able to judge.

5. No man can justly censure or condemn another, because no man truly knows another.

6. Not to see the faults of others, not to hear the critical, angry word, not to feel the venomous darts of jealousy, this is the key which will unlock for us the hidden treasures of the soul.

My lesson

7. Judge not that ye be not judged.

Thirty-second Week

WHEN TO ACT AND WHEN TO REFRAIN FROM ACTING

1. When doubt and indecision rock thee from side to side, refrain from acting.

2. All action which springs from desire is certain to bring complications and unpleasantness.

3. When we are in a time of great depression, on no account should we take this moment to decide upon any matter of importance.

4. When the soul stands on unaccustomed heights let it beware of acting—better then to rest and wait.

5. The time to act is the Moment of Poise, when the desire is stilled, when we have brought ourselves to be equally content to decide for or against, when pain and pleasure count for little, but principle and right count for all.

6. Both action and inaction may find room in thee; thy body agitated, thy mind tranquil, thy soul as limpid as a mountain lake.

7. .....He who sees
How action may be rest, rest action—he
Is wisest 'mid his kind; he hath the truth!
He doeth well acting or resting.
All's then God!

LET YOUR LIGHT SHINE

1. True light is never extinguished; it shines, a steady flame in the Infinite.

2. Man's duty to himself is to seek the light.

3. However dim and flickering our light, we must let it shine, that in serving others its light may increase.

4. No man, when he hath lighted a candle, putteth it in a secret place, neither under a bushel, but on a candlestick, that they which come in may see the light.

5. The disciple takes equally praise and reproach, pleasure and pain, as signposts, torches in the hands of others to light him on his way.

6. Give light to all; but take from none.

7. When once thou has become like the fixed star in Heaven, that bright celestial orb must shine from out the spatial depths for all save self.

OBEDIENCE

1. Listen for the Master's voice, and having heard, obey.

2. He who obeys the Master, goes with him where he goes.

3. The Voice of the Master is always in the world, but only those hear it whose ears are deaf to the sounds of the personal self.

4. We must not only call Lord! Lord! but we must obey.

5. The voice of conscience grows in clearness as we grow spiritually able to understand and obey.

6. The disciple must be obedient to the teacher he has chosen, he must aspire towards the ideals presented, even if they cause him pain, and he must be humble and docile as a little child.

7. The book of the Pitris demands of the disciple obedience, respect, reverence, sacrifice, and study; and if we do not feel ourselves capable of relinquishing all—absolutely all—in order to receive the Great All in return, better close the book and penetrate no further.

DEVOTION

1. All worlds are subject to rebirth, and all beings in them save the devoted ones who attain unto *Me*.

2. He who is perfect in devotion, findeth spiritual wisdom springing up spontaneously within himself.

3. The selfish devotee lives to no purpose. The man who does not go through his appointed work in life has lived in vain.

4. Devotion through action is better than renunciation.

5. He who seeth Me in all things and all things in Me, looseth not his hold on Me, for I forsake him not.

6. He who is devoted, who cares not for this world's reward, cometh unto that eternal, blissful abode, which is free from all disease and untouched by sorrow.

7. In the narrow Path of Esoterism, you may advance more in one moment by an act of self-sacrifice and devotion than by years of intellectual study.

PSYCHIC GIFTS

1. Psychic effects in themselves, as an end, are nothing. The aim of the disciple is to develop the True Self, not to gain powers.

2. The "medium," or spiritualist, who rushes into the psychic world without preparation, breaks the laws of the supernatural.

3. The visions of the psychic are merely shadowy reflections, phantasmagoria of truth and falsehood not to be relied upon.

4. Those who break Nature's laws lose their physical health; those who break the laws of the inner life lose their psychic health.

5. The striving for selfish powers on the spiritual plane invariably results in the selfish soul losing its spiritual balance and falling back as far as it had previously risen.

6. Premonitions and warnings are the memory of the soul speaking to man.

7. The true Prophet announces his revelations as the commands of the Divine. He makes no use of artificial means but repeats the word direct from God.'

DISCIPLESHIP

1. Until a man has become in heart and spirit a disciple, he has no existence for those who are teachers of disciples.

2. One becomes in heart and spirit a disciple by one method only; the surrender of the personality.

3. The true disciple remains ever humble and unobtrusive; he does not seek powers or desire them.

4. The disciple is bidden never to give pain to another.

5. Before the tongue can speak in the presence of the Master, it must have lost the power to wound.

6. Woe unto him who would penetrate the meaning of sacred things before his head has grown white with duty, and the seven noded staff is necessary to support his steps.

7. The life of the disciple is marked by a living Faith in the invisible, and a knowledge of the truth from experience.

THE LAW OF SACRIFICE

1. Thy life is naught without sacrifice. The more thou givest, the more thou shalt receive. Thou receivest only that thou mayest be able to give.

2. I beseech you therefore, brethren, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

3. Think not that outer sacrifice unites thee to thy Higher Self.

4. Better than the sacrifice of any object is the sacrifice of wisdom.

5. It is ever the fire from above which kindles the sacrifice upon the altar.

6. When a man sacrifices himself to the idea which he defends, by his act he creates in the astral, and in the spiritual world above, currents of wondrous power. This is the occult reason for the effect produced by persecutions and martyrdoms in stimulating and aiding the future development of the race.

7. To those who know the true nature of Virtue, Self-Sacrifice does not exist, for it is no sacrifice but a joy to give.

Thirty-ninth Week

TESTS

1. The tests of the disciple are given not in writing but in the blood of the heart.

2. One of the first tests is that of receiving blame patiently, whether just or unjust—even gladly, as a means of growth.

3. We are always being placed in difficult positions, to see how we will extricate ourselves, and those who are strong get some very hard lessons.

4. Ye who are seeking for light, answer me—Which would you choose, happiness or growth? Pleasure or service? Desire or self-sacrifice?

5. It is not by repudiating the ties which life has wound about us that we can free ourselves from them, but by recognizing them as tests, lessons to be learned.

6. Have you been humbled to the very dust by the hand of God? Give thanks that you may come from the fire purified.

7. Esoterism offers all things; it demands all in return: all or nothing it asks; all or nothing it gives.

NON-RESISTANCE

1. Non-Resistance teaches the disciple, when smitten on the one cheek, to feel no hatred in his heart towards the aggressor, but to send out to him a thought of *love and peace.*

2. *Resist* not Evil, but *overcome* Evil with Good.

3. Resistance, Toil, and Struggle are the rules of life in the world. Non-Resistance is destined in the near future to replace all these, and rule the world in *peace.*

4. With love in our soul we shall not be attacked, for the angel of the Lord watcheth over the righteous.

5. It would be better to lose our present life than to hurry another soul on to the next plane with hatred and murder in his heart.

6. The ordeals and oppositions which we undergo become our crosses when we remain beneath them; but they become ladders of ascent when we rise above them.

7. "In those days the lion shall lie down with the lamb, nor shall they hurt nor destroy in all my Holy Mountain," saith the Lord.

TRUTH

1. Truth is within ourselves; it takes no rise from outward things.

2. To live in harmony with the Law of the Universe, this is Truth.

3. If a man dissemble, he deceives himself, and goes out of acquaintance with his own being.

4. Neither calumny nor treachery does the largest sum of mischief in the world. It is the glistening and softly spoken lie, the amiable fallacy, the merciful lie of the friend, and the careless lie of each man to himself, that cast so black a shadow over the world.

5. The true prevails, not the untrue.

6. To become divine is the aim of life; then only can truth be said to be ours beyond the possibility of loss, because it is no longer outside us, nor even in us, but we are it, and it is we; we ourselves are a truth, a will, a word of God.

7. He who knows the truth knows the Light, and he who knows that Light knows Eternity. Love knows that Light.

HUMILITY

1. Be humble if thou wouldst attain to wisdom. Be humbler still when wisdom thou hast mastered.

2. Those who are humiliated and yet do not humiliate, those who hear themselves put to scorn and yet answer not, those who do all for love and accept their afflictions with joy—of them the Scripture speaks when it says: "The friends of God shine as a sun in His Splendor."

3. He who endures reproach gladly, learns from it his faults and tries his mettle upon it.

4. The greatest souls are the humblest and the least obtrusive.

5. Humility contends with greater enemies, is more constantly engaged, more violently assaulted, bears more, suffers more, and requires greater courage to support itself, than any instance of worldly bravery.

6. The entrance to the true path is small and difficult, and he who would enter must become as nothing in the eyes of men.

7. Whosoever shall not receive the kingdom of God as a little child, he shall not enter therein.

COMPASSION

1. The disciple is untouched by attacks which are made against his personality, but his ear is ever open to the cry of one more unfortunate than himself.

2. Bow thy head and listen well, for it is compassion which speaks within thee. Only by descending canst thou ascend; only by giving wilt thou be able to receive!

3. Let not the fierce sun dry one tear of pain before thyself hast wiped it from the sufferer's eye.

4. Let each burning tear drop on thy heart, and there remain; nor ever brush it off until the pain that caused it is removed.

5. Inaction in a deed of Mercy becomes an action in a deadly sin.

6. Let the soul lend its ear to every cry of pain, like as the lotus bares its heart to drink the morning sun.

7. O Bodhisattva—Compassion speaks and saith: "Can there be bliss when all that lives must suffer? Shalt thou be saved and hear the whole world cry?"

SILENCE

1. Silence is the element in which great things fashion themselves.

2. All growth is silent; he uproots his strength
Who struggles here to make a brother grow.

3. Reading, talking, and the hearing of lectures are all good, but silence is better, for in the Silence the soul grows.

4. The disciple gives in silence, and asks for nothing in return; in silence he accepts whatever joy or whatever pain is sent to him, seeing in each the same Fatherly hand.

5. Esoterism gathers man's powers to a center and focuses them there; and all about that center there is silence.

6. Silence, calm and repose are the first essentials to a higher life.

7. Learn then, every day, Silence; it is the price paid for advancement.

ONENESS

1. It is true, it is certain without error, it is of all truth. What is below is like that which is above, and what is above is similar to that which is below, to accomplish the wonders of one thing.

2. We are one with God, and as soon as we recognize our oneness with all power, we are a part of that power and joint heirs with Christ.

3. One God, one Law, one Element, and one far-off Divine event
   To which the whole Creation moves.

4. Kill out all sense of separateness.

5. Do not fancy you can stand aside from the bad man or the foolish man. They are yourself.

6. In the very center of your being you will find the holy of holies in which dwells the Consciousness of the One Life underlying.

7. As in the inner so in the outer; as is the great, so is the small. There is but *one* law and He that worketh it is *One:* Nothing is small, nothing is great, in the Divine economy.

Forty-sixth Week

INVOLUTION AND EVOLUTION

1. The Universe existed in the shape of Darkness, unperceived, unattainable by reasoning, unknowable, wholly immersed in deep sleep. Then the divine Self-existent, indiscernible, appeared with irresistible creative power, dispelling the Darkness.
2. Man, like the earth, existed potentially in the fire-mist, and he has evolved downward into matter, *pari passu,* with the earth he inhabits, and of which he is an integral part.
3. Everything that is evil has within itself the germ of its own destruction. Everything that is good has in it the seed of immortality.
4. The underlying principle of the Universe makes for Evolutionary advancement along all lines.
5. It is ever the same cycle—the coming forth of activities from the invisible, their manifestation in infinite variety, and their gradual return to the invisible when perfected.
6. It is the privilege of all beings to work with Those who are guiding humanity.
7. The goal of Evolution is Divinity. Man will one day be God.

THE HEART'S DESIRE

1. Every being, however humble, has a "Heart's Desire," which guides it, consciously or unconsciously, in its Evolution.

2. The plant's one idea is to perfect its seed; it works *unconsciously,* ever to that end, just as Man, more highly evolved, is able to work *consciously* towards his highest Ideal—his "Heart's Desire."

3. There are three requisites to the realization of the Heart's Desire: a pure and unselfish aim, a clear picture in the mind, and a fervent wish for its attainment.

4. If we would attain to our desire we must avoid all hurry, noise, and bustle in its pursuit.

5. If we would bring about a change in the conditions around us, we must first change our own selves within.

6. Eliminate all *fear.* Live on positive lines. So will your life express itself naturally in Love and Peace.

7. When the disciple has proven himself in the lower and humbler paths, the desires of his heart will be realized, and with them the will to use them aright.

THE PATH

1. The Path is one though it hath many names.

2. Search for the Path, but O Disciple, be of clean heart before thou startest on thy journey.

3. The Key of Charity, of Love, and Tender Mercy admits thee to the entrance of the Path.

4. The heart of him who on the Path would enter, must thrill in answer to the tears and sighs of all his brother men.

5. The Path is lit by one fire, the light of Courage burning within thy heart.

6. He who would climb the upward Path must fatigue himself.

7. Thou canst not travel on that path before thou hast become that path thyself.

PERSONALITY AND INDIVIDUALITY

1. In addition to the Divine Spark in man, he is two-fold: Personal and Individual. The personal man is mortal, the "persona" or mask of the real man.

2. The individuality endures beyond the death of the body and comes forward repeatedly into incarnation until all its desires shall have been purified and satisfied.

3. The warrior is thyself, yet thou art but finite and liable to error. He is eternal and is sure. He is eternal truth.

4. The personalities are destroyed at death; the individuality remains, enriched with the result of its experiences.

5. The self of matter and the Self of Spirit can never meet. One of the twain must disappear; there is no place for both.

6. Ere the Soul's mind can understand, the bud of personality must be crushed out, the worm of sense destroyed forever.

7. The source of the Real Being must be sought in the Bosom of the Absolute.

TIME

1. We should count time by heart throbs. He most lives who thinks most, feels the noblest, acts the best.

2. To everything there is a season, and a time to every purpose under the heaven.

3. Go ever forward, O Disciple; never look back into thy past, for that which has been done can never be undone.

4. Thou canst create this day thy chances for thy morrow.

5. A thousand years in Thy sight are but as yesterday when it is past.

6. Time is the great healer, and if we will have it so, it aids us much in our upward path, for day by day it effaces from the slate of our memory one tear-stain after another; we retain the experience, but the sorrow is gone.

7. Live, O Disciple, neither in the present nor in the future, but in the eternal. For the Eternal alone can come to thine aid.

THE SOUNDLESS SOUND

1. There is in the depths of the being of each one of us a place of silence, where dwells the Soundless Sound.

2. Silence thy thoughts and fix thy whole attention on thy Master, whom yet thou dost not see but whom thou feelest.

3. Close thy mouth lest thou shouldst speak, and thy heart lest it should think aloud; and if thy heart has escaped thee, bring it back to its place.

4. No sooner are the lips still than the soul awakens and sets forth on her journey.

5. When thou hast ceased to hear the many, thou mayest discern the One—the inner sound which kills the outer.

6. Speech is of Time, Silence of Eternity.

7. If we would grow spiritually we must grow as the flower grows. The seed is hidden in the ground until it swells, bursts its shell and pushes its way up towards the light, following the law silently until the time comes for bloom.

PEACE

1. Seek not to find peace, but to give peace.

2. Even in battle, seek that peace which shall not pass away.

3. Be thou in full accord with all that lives.

4. Seek thou the place of Peace within thine own Heart.

5. The Peace of the disciple is born of Life; it is an active Peace.

6. If your lot is an easy one, rejoice and give thanks; if your path is a hard and thorny one, rejoice and give thanks to Him who judges you strong enough to tread in it; so shall you enter into Peace.

7. HE WHO FEELS HIS HEART BEAT PEACEFULLY, HE SHALL HAVE PEACE.